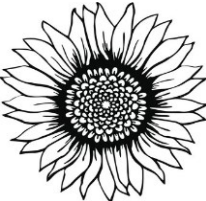
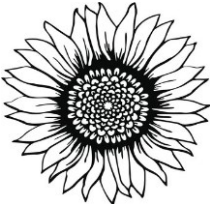
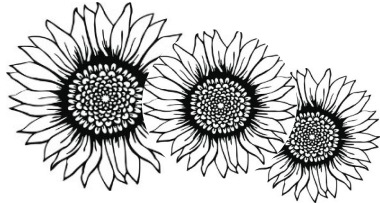


| SUNDAY                                                                                                                                                                                                                                                                                                      | MONDAY                                                                                                                                                                                                                                 | TUESDAY                                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                               | THURSDAY                                                                                                                                                                                                                                                                                                                                                                                                     | FRIDAY                                                                                                                                                                                                                                                                                                                                | SATURDAY                                                                                                                                                                                                  |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div> <div>AUGUST</div> <div>  <div>2026</div> </div> </div>                                                                                                                                                                |                                                                                                                                                                                                                                        | <div> <div>REMEMBER TO<br/>SIGN UP IN<br/>ACTIVITY<br/>ROOM#1<br/>for any and all bus</div> <div> <div>ACTIVITY ROOM#1</div> <div>located on first floor, to the<br/>West of the Reception Desk<br/>across the hall from<br/>the Marketing Office</div> </div> </div> | <div> <div>For those not well and<br/>needing to remain in their<br/>rooms and have their meal<br/>delivered, <b>Call ext. 2535</b><br/>by 3:00 p.m.</div> <div> <div>REMINDER:</div> <div>No Guests are permitted<br/>for Sunday's meal</div> </div> <div> <div>Inform the Hostess IN<br/>ADVANCE if you are going<br/>to have mealtime<br/>guest during the week.</div> </div> </div> | <div> <div>Alterations with Cindy<br/>by Appointment<br/>TBD</div> <div> <div>Thirsty Thursday Gathering</div> <div>Thursdays @ 4:00pm<br/>Bring Your Own Beverage;<br/>in Angel Hallway</div> </div> </div>                                                                                                                                                                                                 | <div> <div><b>Storage Open Tuesdays</b><br/>If assistance required,<br/>place a work order with<br/>Receptionist; Dial "0"</div> <div> <div>Notary<br/>Laurie Hoey</div> <div>call ext 2502<br/>available upon request</div> </div> <div> <div><b>ZOOM Exercise</b><br/>Meeting # 576 677 309<br/>Passcode 119629</div> </div> </div> | <div> <div>1</div> <div>10:30 Writing Circle</div> <div>1:30 Movie</div> <div>7:00 Movie</div> <div>  </div> </div>    |
| <div> <div>2</div> <div>10:30 Qigong-Movie Room</div> <div>1:30 Movie</div> <div>1:30 Canasta<br/>in the Community Room</div> <div>2:00 Scrabble<br/>in the Coffee Shop</div> <div>  </div> <div>7:00 Movie</div> </div> | <div> <div>3</div> <div>10:00Reflections:A Womens<br/>Discussion/CommunityRm</div> <div>10:15 ZOOM Exercise</div> <div>2:00 Banks/WSpfld</div> <div>2:00 BINGO</div> <div>6:15 L-R-Center</div> <div>6:30 Mexican Train</div> </div>   | <div> <div>4</div> <div>11:00 S. Hadley Pub Library</div> <div> <div>Art is 4 Every 1<br/>9am/ 10:45am</div> </div> <div>1:30 Needle Craft Crew</div> <div>2:00 Target/Mall</div> </div>                                                                              | <div> <div>5</div> <div>7:30 Lab Work</div> <div>10:00 Stop &amp; Shop/Riverdale</div> <div>10:00 Garden Club in the<br/>Community Room</div> <div>2:00 Louis &amp; Clark Gifts/<br/>Hampton Ponds Plaza</div> <div>7:00 Movie</div> </div>                                                                                                                                             | <div> <div>6</div> <div>9:00 Qigong-Movie Room</div> <div>9:30 BP Clinic/Card Room</div> <div>10:00 CVS/Barnes&amp;Noble</div> <div>10:00 Men's Group</div> <div>1:30 Aqua Aerobics<br/>in the Pool</div> <div>1:30 Randall's Farms</div> <div>2:30 Rootbeer Float Social</div> <div>4:00 Thirsty Thursdays</div> <div>6:00 Morgan Road concert<br/>Santucci Jazz Quartet</div> <div>6:15 L-R-C</div> </div> | <div> <div>7</div> <div>10:00 Stop &amp; Shop/Holyoke</div> <div>10:15 ZOOM Exercise</div> <div>1:00 Tour of the Hill<br/>w/ Sr. Julie Crane</div> <div>2:30 Tour of the Hill<br/>w/ Sr. Julie Crane</div> <div>6:30 Rosary in the Chapel</div> </div>                                                                                | <div> <div>8</div> <div>10:30 Writing Circle</div> <div>1:30 Movie</div> <div>7:00 Movie</div> <div>  </div> </div>  |
| <div> <div>9</div> <div>10:30 Qigong-Movie Room</div> <div>1:30 Movie</div> <div>1:30 Canasta<br/>in the Community Room</div> <div>2:00 Scrabble<br/>in the Coffee Shop</div> <div>7:00 Movie</div> </div>                                                                                                  | <div> <div>10</div> <div>10:00Reflections:A Womens<br/>Discussion/CommunityRm</div> <div>10:15 ZOOM Exercise</div> <div>2:00 Banks/Holyoke</div> <div>2:00 BINGO</div> <div>6:15 L-R-Center</div> <div>6:30 Mexican Train</div> </div> | <div> <div>11</div> <div>10:00 PBJ Ministry</div> <div>11:00 Big Y/S. Hadley</div> <div> <div>Art is 4 Every 1<br/>9am/ 10:45am</div> </div> <div>1:30 Needle Craft Crew</div> <div>2:00 Target/Mall</div> </div>                                                     | <div> <div>12</div> <div>7:30 Lab Work</div> <div>10:15 All Resident Meeting<br/>in the Dining Room</div> <div>2:00 Stop &amp; Shop/Riverdale</div> <div>7:00 Movie</div> </div>                                                                                                                                                                                                        | <div> <div>13</div> <div>9:00 Qigong-Movie Room</div> <div>9:30 BP Clinic/Card Room</div> <div>10:00 CVS/Barnes&amp;Noble</div> <div>1:30 Aqua Aerobics<br/>in the Pool</div> <div>2:00 Trader Joe's/Whole<br/>Foods/Hadley</div> <div>4:00 Thirsty Thursdays</div> <div>6:15 L-R-C</div> </div>                                                                                                             | <div> <div>14</div> <div>10:00 Stop &amp; Shop/Holyoke</div> <div>10:15 ZOOM Exercise</div> <div>FootCare by Nurses by Appt</div> <div>2:00 Walmart/Westfield</div> <div>6:30 Rosary in the Chapel</div> </div>                                                                                                                       | <div> <div>15</div> <div>10:30 Writing Circle</div> <div>1:30 Movie</div> <div>7:00 Movie</div> <div>  </div> </div> |

| SUNDAY                                                                                                                                                                                                                                                                 | MONDAY                                                                                                                                                                                                                                                                        | TUESDAY                                                                                                                                                                                                                                                               | WEDNESDAY                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | THURSDAY                                                                                                                                                                                                                                                                            | FRIDAY                                                                                                                                                                                          | SATURDAY                                                                                                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <div>16</div> <div>10:30 Qigong-Movie Room<br/>1:30 Movie<br/>1:30 Canasta<br/>in the Community Room<br/>2:00 Scrabble<br/>in the Coffee Shop</div> <div></div> <div>7:00 Movie</div> | <div>17</div> <div>10:00Reflections:A Womens Discussion/CommunityRm<br/><br/>10:15 ZOOM Exercise<br/><br/>1:30 Opera w/ Dan<br/><br/>2:00 Banks/WSpfld<br/><br/>2:00 BINGO<br/><br/>6:15 L-R-Center<br/>6:30 Mexican Train</div>                                              | <div>18</div> <div>11:00 MGM Casino<br/><br/><i>Art is 4 Every 1<br/>9am/ 10:45am</i><br/><br/>1:30 Needle Craft Crew<br/><br/>2:00 Target/Mall</div>                                                                                                                 | <div>19</div> <div>7:30 Lab Work<br/>9:30 VEGA YOGA<br/><br/>10:00 Stop &amp; Shop/Riverdale<br/><br/>2:00 Geissler's/Dollar Store<br/><br/>3:00 Ben &amp; Ed, Entertain<br/><br/>7:00 Movie</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | <div>20</div> <div>9:00 Qigong-Movie Room<br/>9:30 BP Clinic/Card Room<br/>10:00 CVS/Barnes&amp;Noble<br/>10:00 Men's Group<br/><br/>1:30 Aqua Aerobics<br/>in the Pool<br/><br/>1:30 Randall's Farms<br/>3:00 Happy Hour<br/><br/>4:00 Thirsty Thursdays<br/><br/>6:15 L-R-C</div> | <div>21</div> <div>10:00 Stop &amp; Shop/Holyoke<br/><br/>10:15 ZOOM Exercise<br/><br/><br/><br/>2:00 Mystery Ride<br/><br/><br/><br/>6:30 Rosary in the Chapel</div>                           | <div>22</div> <div>8:45 TANGLEWOOD<br/>Boston Symphony -Open Rehearsal at 10:30 am<br/>(residents purchase own tickets)<br/><br/>10:30 Writing Circle<br/><br/>1:30 Movie<br/><br/>7:00 Movie</div> <div></div> |
| <div>23</div> <div>10:30 Qigong-Movie Room<br/><br/><br/>1:30 Movie<br/>1:30 Canasta<br/>2:00 Scrabble<br/><br/>3:00 CASH BINGO<br/>in the Dining Room<br/><br/>7:00 Movie</div>                                                                                       | <div>24</div> <div>10:00Reflections:A Womens Discussion/CommunityRm<br/>10:15 ZOOM Exercise<br/><br/>1:30 BOOK CLUB<br/>1:30** BINGO<br/><br/>2:00 Banks/Holyoke<br/><br/>3:00 Birthday Celebration<br/>w/ Dave Colucci<br/><br/>6:15 L-R-Center<br/>6:30 Mexican Train</div> | <div>25</div> <div>10:00 PBJ Ministry<br/><br/><i>Art is 4 Every 1<br/>9am/ 10:45am</i><br/><br/>10:45 Barstows Farm Tour<br/>Hadley MA<br/><br/>1:30 Needle Craft Crew</div>                                                                                         | <div>26</div> <div>7:30 Lab Work<br/><br/>10:00 Stop &amp; Shop/Riverdale<br/><br/>2:00 Atkins Farms Amherst<br/><br/>7:00 Movie</div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <div>27</div> <div>9:00 Qigong-Movie Room<br/>9:30 BP Clinic/Card Room<br/>10:00 CVS/Barnes&amp;Noble<br/><br/>1:30 Aqua Aerobics<br/>in the Pool<br/><br/>2:00 Trader Joe's/Whole Foods/Hadley<br/><br/>4:00 Thirsty Thursdays<br/><br/>6:15 L-R-C</div>                           | <div>28</div> <div>10:00 Stop &amp; Shop/Holyoke<br/><br/>10:15 ZOOM Exercise<br/><br/><br/><br/>2:00 River Valley Co-op<br/>Easthampton, MA<br/><br/><br/><br/>6:30 Rosary in the Chapel</div> | <div>29</div> <div>10:30 Writing Circle<br/><br/>1:30 Movie<br/><br/>7:00 Movie</div> <div></div>                                                                                                              |
| <div>30</div> <div>10:30 Qigong-Movie Room<br/><br/><br/>1:30 Movie<br/>1:30 Canasta<br/>2:00 Scrabble</div> <div></div> <div>7:00 Movie</div>                                      | <div>31</div> <div>10:00Reflections:A Womens Discussion/CommunityRm<br/>10:15 ZOOM Exercise<br/><br/>2:00 Banks/WSpfld<br/><br/>2:00 BINGO<br/><br/>6:15 L-R-Center<br/>6:30 Mexican Train</div>                                                                              | <div>by Appointment Only<br/>Contact Stylists directly<br/>Linda Kennedy<br/>413-427-1183<br/><br/>Nancy Hoynowski<br/>860-881-7026<br/><br/>Bridget McGurn<br/>413-330-4616<br/><br/>Massage Therapy<br/>by Appointment Only<br/>Juanita Drew<br/>860-508-3278</div> | <div>ANGEL HALLWAY<br/>located on the first floor,<br/>to the right of the entrance<br/>to the Piano Lounge<br/><br/>COFFEE SHOP<br/>located on the first floor,<br/>entrance on the right from<br/>the lobby, facing the Piano<br/>Lounge; where breakfast is<br/>usually served</div> <div>WELLNESS CENTER<br/>located on the first floor just<br/>inside the West/Resident<br/>Entrance (the one with the<br/>portico)<br/><br/>COMMUNITY/WELLNESS<br/>ROOM<br/>located on the 4th floor,<br/>across from the East<br/>Elevator and near apt. 428.</div> <div>PIANO LOUNGE<br/>located on the first floor,<br/>entrance opposite of main<br/>entrance and Reception desk<br/><br/>MOVIE ROOM<br/>located on the first floor, off<br/>Angel Hallway, to the East<br/>of the Reception Desk</div> |                                                                                                                                                                                                                                                                                     |                                                                                                                                                                                                 | <div>A Little<br/>Reminder</div> <div></div> <div>Meeting Locations</div> <div></div>                                    |